

CRISIS & SUICIDE PREVENTION RESOURCES

You are not alone. If you or someone you know is struggling, help is available 24/7.

Immediate Help

988 Suicide & Crisis Lifeline

Call or text 988 - free, confidential support.

Crisis Text Line

Text **HELLO** to **741741** to connect with a trained counselor.

Specialized Hotlines

Resource	Contact
The Trevor Project (LGBTQ+ Youth)	Call 1-866-488-7386 or text START to 678678
Trans Lifeline	Call 1-877-565-8860 (U.S.)
Veterans Crisis Line	Dial 988, then press 1
RAINN (Rape, Abuse & Incest National Network)	Call 1-800-656-4673 for sexual assault support
SAMHSA Treatment Referral Helpline (Substance Use/Mental Health)	Call 1-800-662-HELP (4357)

For Students

University of Central Florida (UCF)

Counseling & Psychological Services (CAPS)

Phone: 407-823-2811 | Walk-in hours: Mon–Fri, 8:00 AM–5:00 PM

After-hours crisis line available through same number.

Website: caps.sdes.ucf.edu

Valencia College

Counseling Services

Phone: 407-582-1507 (East Campus) or check campus-specific numbers on Valencia's website.

Free and confidential mental health counseling for enrolled students.



Remember: Reaching out is a sign of strength.
In an emergency, always call **911**.

